

USDA National Nutrient Database for Standard Reference Release 28

**Basic Report 16358, Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids**

Report Date: October 31, 2015 16:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 can drained 253g
<b>Proximates</b>			
Water	g	66.72	168.80
Energy	kcal	139	352
Protein	g	7.05	17.84
Total lipid (fat)	g	2.77	7.01
Carbohydrate, by difference	g	22.53	57.00
Fiber, total dietary	g	6.4	16.2
Sugars, total	g	4.01	10.15
<b>Minerals</b>			
Calcium, Ca	mg	45	114
Iron, Fe	mg	1.07	2.71
Magnesium, Mg	mg	26	66
Phosphorus, P	mg	85	215
Potassium, K	mg	126	319
Sodium, Na	mg	246	622
Zinc, Zn	mg	0.63	1.59
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.1	0.3
Thiamin	mg	0.027	0.068
Riboflavin	mg	0.015	0.038
Niacin	mg	0.140	0.354
Vitamin B-6	mg	0.116	0.293
Folate, DFE <sup>a</sup>	µg	48	121
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	3
Vitamin A, IU	IU	23	58
Vitamin E (alpha-tocopherol)	mg	0.29	0.73

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 can drained 253g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	3.4	8.6
<b>Lipids</b>			
Fatty acids, total saturated	g	0.214	0.541
Fatty acids, total monounsaturated	g	0.488	1.235
Fatty acids, total polyunsaturated	g	0.967	2.447
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Other</b>			
Caffeine	mg	0	0

**Footnotes**

<sup>a</sup> Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.

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